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STAY SAFE
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E-mail: voice@starofmysore.com
ad@starofmysore.com

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City Offices: K.R. Circle Ph: 2431774
Devaraja Urs Road Ph: 2428695
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REDUCE YOUR RISK OF
CORONAVIRUS
INFECTION
Clean hands with soap and water or alcohol-based hand rub
Cover nose and mouth when coughing with tissue or flexed elbow
Avoid close contact with anyone with cold or flu-like symptoms
SOUTHERN STAR

Red Zone: No lockdown relaxation in Mysuru

With no relaxation in lockdown, sugarcane juice and coffee-tea vendors near Deputy Commissioner's Office in Mysuru city continue to be out of jobs. They are seen spending time sleeping inside their make-shift shops. *[Pics by M.N. Lakshminarayana Yadav]*

Mysuru, Apr. 23 (RK&BCT)- Lockdown will not be relaxed in Mysuru as the district has been declared as a Red Zone with more than 80 cumulative COVID-19 positive cases, clarified Mysuru District Minister S.T. Somashekar, who also holds Co-operation portfolio.

Today the State Government began a partial exit from lockdown where select activities were allowed only outside Containment Zones, signalling the Government's intent to kick-start the State's flailing economy amid the lockdown. But there will be no major relaxation in Mysuru as it is a hotspot. The Minister said the movements of vehicles are allowed only for medical and other emergencies and the Government had already allowed agriculture activities and the lockdown will remain the same across the district.

An order in this regard was issued by Mysuru Deputy Commissioner Abhiram G. Sankar, who is also the District Magistrate. Self-employments like electricians, repairs of information technology items and gadgets, plumbers, motor mechanics and carpentry are allowed in emergency cases and they must hold valid passes to carry out their activities, the order stated.

Information Technology and Bio-Technology (IT-BT) companies must continue the work from home policy and summon only required number of minimum staff to office only in case of emergency and for a specific time period. In the case of emergent needs, the required permission or passes should be obtained from the authorities, the order stated.

Permission has not been granted for construction activities in Mysuru as more people are required for transportation, construction, loading and unloading of goods. Construction activities are allowed only if a dilapidated building needs urgent repair and where the buildings have the potential to harm human lives. Such cases will be individually examined and passes will be granted, the DC's order said.

Except for emergency Government Departments that are already functioning to battle the epidemic, all the other Departments must remain non-functional. Officers and staff of such Departments have already been co-opted for other COVID-19 tasks, the order said.

DC Abhiram Sankar has clarified that hardware shops cannot open in Mysuru. As per the government directions, all hardware shops must be closed till May 3, he clarified.

(See RED ZONE on page 6)

Buying cold-fever-related drugs ?

Medical stores will note your contact details

Mysuru, Apr. 23 (BCT)- Pharmacy shops in Mysuru will now seek the name and contact details of buyers purchasing medicines for fever, cough and common cold.

In the wake of Coronavirus pandemic, Medical shops have now been directed to maintain records of customers displaying such symptoms which are similar to the virus. The order regarding this was released to media in Mysuru by Deputy Commissioner Abhiram G. Sankar this morning.

Karnataka has framed Karnataka Epidemic Diseases (COVID-19) Regulations 2020. According to an official order signed by the Director of Health and Family Welfare Services in Karnataka, the decision was taken after a State-level Technical Expert Committee opined that Influenza-like Illness (ILI) and **Severe Acute Respiratory Illness (SARI)** cases, whose symptoms are similar to that of COVID-l9 "should be screened at the initial stages of symptoms to arrest morbidity and mortality due to COVID-19 in the community."

By invoking the provisions of Karnataka Epidemic Diseases (COVID-19) Regulations, the State Government has asked all chemists, druggists and pharmacies in hospitals to make an entry of the name, address, landmark and mobile number of all the persons who are provided the following drugs over the counter.

The drugs are broadly categorised as pertaining to the treatment of symptoms like fever (Antipyretics and Anti-inflammatory), cold (Antiallergic) and cough (Anti-tussive).

(See DRUGS on page 6)

STAR PUNCH By Satish Acharya

Speech therapy for communication disorders during lockdown

By Irfana Husen,
Audiologist and Speech Language Therapist, District Disability Rehabilitation Centre, Mysuru

Irfana Husen

Communication disorder is any disorder that affects an individual's ability to comprehend, detect or apply language and speech to engage in discourse effectively with others. The delays and disorders can range from simple sound substitution to the inability to understand or use one's native language.

Parents positively impact their child's communication development. Both verbal and non-verbal communication (understanding, vocabulary and frequency of communication). Parents are just as effective at helping their child as Speech Language Pathologists (SLPs) in delivering their speech therapy and in some cases even more effective.

It has been an accepted fact that speech therapy follows script. As the SLPs have education, training and experience to implement the proven strategies and techniques to improve the child's communication, parents would be given the option to observe the speech therapy session and then given homework to do with the child to reinforce what was covered in the session. However, of late, the roles of parents and the SLPs are beginning to change. Parents are moving from a more passive into a more active role. They are no longer merely observers and reinforcers. They have become an integral part of speech therapy itself.

Reasons for the shift in speech therapy roles

• Children learn the best to communicate when involved in everyday activities with parents, the most important people in their lives.

• Children have many more opportunities to interact with parents than with a therapist.

• Children learn best from parents, their natural teachers and those who know them best.

Benefits of parents' new role

• Speech therapy reaches into every part of the child's day.

• Instead of being an obligation, the therapy is motivating and fun.

• The therapy is integrated into play and daily activities that are familiar and meaningful — such as meal time, bath time and bed time.

When considering speech therapy at home it's important for parents to create activities that provide stimulation and create opportunities to foster developing language skills.

Tips for speech therapy at home

ENCOURAGE CONVERSATION: Have regular story-telling sessions with your child. Explain the things you do. For example, when you cut vegetables. Improve the child's vocabulary of vegetables by showing real veggies and making the child feel it, which makes the understanding even better. Explain the daily activities and repeat the concepts of morning, night, sleeping, waking up, brushing, bathing, eating, etc.

MAKE IT FUN: Children learn best when the experience is fun and interactive. The child will not respond well if he or she feels like the activities are a home-work. Instead, make each session of speech therapy something the child will look forward to and will want to actively participate.

Get your child's attention before you talk. Reinforce the child when he or she tells you something, show that you understand his or her words, keep helping your child learn new words. Say a new word and tell him or her what it means or use it in a way that helps him or her understand. For example, you can use the word vehicle instead of car. You can say "I think I will drive the vehicle to the park."

These are only a few tips and tricks where parents can use but more innovative and new activities can be implemented depending on the child's ability.

Online crash course for CET & NEET students

Bengaluru, Apr. 23 (UNI)- The Karnataka Government has launched a free online crash course "GetCETGo" to help all students of the State prepare for CET and NEET 2020 exams during COVID-19 lockdown.

Chief Minister B.S. Yediyurappa launched "GetCETGo" https://getcetgo.in/ in the presence of Deputy Chief Minister and Minister for Higher Education Dr. C.N. Ashwath Narayan, an official release said on Monday.

It said, in view of the current situation across the country due to COVID-19 lockdown, the Department of Higher Education, taking cognisance of the situation has decided to reach out to the student community eyeing on successfully cracking competitive exams for career progress through this online crash course programme. The initiative will help young students who are at the crucial juncture of their lives — in II PUC or Class 12, at the time when regular classes and coaching initiatives which usually cater to these aspirations being put off due to the lockdown.

The free programme is made available to all students who are registered for Karnataka Common Entrance Test (KCET)-2020, the release said, adding that registered students will be provided with a user ID and password to access the same.

The web portal and Android App — along with the content for the Crash Course have been developed by Sinchu Infotech and Deeksha Online, a reputed name in the industry with a very successful track record for the past couple of decades, it added.

The comprehensive platform for the crash course with the videos, synopsis, and interactive tests will be the first initiative by any State, especially of this scale on an online platform for competitive examination in the country. This scheme is intended to benefit all the 1,94,000 students who have registered.

VOICE OF THE READER

Stop free milk distribution, fix a nominal rate

Sir,

The Government is distributing free half litre milk everyday for the poor. Taking advantage, even people who can afford may also avail this opportunity. With no revenue for the Government due to lockdown, it cannot afford to give free milk on a daily basis. Instead charge a nominal rate of Rs. 10 for half litre packet. This will bring in revenue to the Government and also avoid more people from grabbing this opportunity.

Hope this free distribution of milk will be stopped immediately and instead charge Rs. 10 as I mentioned above.

— **Yadav Raghavan**
Yadavagiri
20.4.2020

MCC supplies drinking water
to quarantined areas through tankers

Mysuru, Apr. 23 (MK&KS)- The Mysuru City Corporation (MCC), which has taken a lot of precautionary measures to prevent the spread of Coronavirus, is now supplying RO (Reverse Osmosis) water through tankers to quarantined areas in city.

The MCC, through Vani Vilas Water Works (VVWW), is supplying RO water to hotspot areas namely Vijayanagar 1st and 2nd Stages, Nazarbad, Janatanagar, Kuvempunagar, J.P. Nagar, Jayalakshmipuram, Gokulam, Srirampura 2nd Stage, Sardar Vallabhbhai Patel Nagar, Teachers Layout and Meena Bazar area daily.

Steps have been taken to prevent any problems faced by those under home quarantine pertaining to drinking water and every day, eight goods autos carrying 2,000 litres capacity tanks are supplying RO water. 20 litres RO water is provided at a cost of Rs. 10 and those under home quarantine are asked not to come out of their houses to collect water. Following the lockdown, the District Administration has housed shelterless people in various

places such as Kalyana Mantaps, hotels, lodges and other buildings. RO water is being supplied to these buildings according to the population in each building and instructions have been given not to waste water.

47 drinking water units

VVWW Executive Engineer P. Nagaraj Murthy said that to prevent disruption in drinking water supply this summer, necessary steps have been taken and added that there are 47 drinking water units and measures are taken for uninterrupted water supply so that the public will not face any problems. Continuing, he said there are plans to provide 20 litres drinking water to the poor in MCC limits at Rs. 5 through permanent water tankers which would take off soon and added that at present eight goods autos were supplying water to various areas through tanks placed on them. More such vehicles with tanks would be deployed if need arises, he said.

"There is no problem for drinking water in Mysuru. There is a daily requirement of 267.14 MLD water in city which is being fulfilled. Steps have also been taken to supply water to houses of those under home quarantine. Goods auto driver, a helper and water man accompany the vehicle carrying water tank and also officials are inspecting the supply," Nagaraj Murthy added.

Obituary

Shanthi Christina

Mysuru, Apr.23- Shanthi Christina (46), wife of Felix Joseph, Proprietor of Vilso Circuit Links, Hebbal, passed away last night following brief illness. She leaves behind her husband, daughter Nikitha, son Nikhil and a host of relatives and friends. Last rites were held this morning at Tirupur (TN).

Coins strewn on road sparks jitters in Corona-hit Mysuru

Mysuru, Apr. 23 (MTY&BCT)- Coins found scattered in Boti Bazaar area of COVID-hit Mysuru gave traders a scare yesterday. Jittery traders claimed that the coins were thrown to spread the killer virus. The situation was, however, diffused by the Police and Mysuru City Corporation (MCC) staff. In normal circumstances, perhaps people would not hesitate to pick up coins strewn on the road. But in times of COVID-19, people may not take the risk of doing that.

Yesterday, the Aane Sarot Road of Boti Bazaar area was buzzing with activity since early in the morning with traders and merchants opening their shops and fruit Mandis, waiting for customers. A tea shop vendor, who came to open his shop near a footpath that connects Devaraja Market, was surprised to find coins worth over Rs. 200 strewn near his shop.

The tea shop vendor, sensing an opportunity, picked up the coins and filled his cash counter. While he continued his business till about 9 am, he got some doubts about the intention of people throwing coins on the road. He had seen in television that in many areas such strange acts have been reported where the Police had to intervene and pick up the coins or currency notes with a plier or with gloves on hands. He had seen the TV reports how Coronavirus is said to survive on objects and even currency notes and coins and in that case, the virus could indirectly transfer from one person to another. Panicking, the tea vendor reported the incident to a friend who alerted the Devaraja Police Station.

Soon, a team of MCC's Abhaya squad arrived and the Police cordoned off the area. They seized the coins and have sent them to lab tests. Based on the directives from the MCC bosses, the entire area including the tea shop was disinfected. Disinfectant was also sprayed on the tea vendor.

MCC staff were wearing gloves and masks, thereby exercising necessary precautions. The incident, however bizarre, shows that people exercised necessary precautions to protect themselves from the pandemic especially since Mysuru became a COVID-19 hotspot.

Later, the Police and the MCC staff made public announcements to reassure merchants and customers that the area was safe and this was an act by miscreants to spread panic. They urged the merchants to alert the Police or the MCC in case such incidents are reported in future.

MCC revises prices of meat and egg

Mysuru, Apr. 23 (KS)- Following an appeal by the Mysuru District Mutton Merchants Association to Mysuru City Corporation (MCC) to revise the selling price of mutton (sheep and goat meat), MCC Commissioner Gurudatta Hegde, who held a meeting with office-bearers of the Association on Apr. 21, has revised the rates. Mutton traders had stated that they were incurring losses with the previous price of Rs. 500 per kg that was fixed by the MCC.

The Association, citing loss, had appealed to the MCC to fix the price of sheep and goat meat at Rs. 660 per kg as it was not possible to sell the meat at Rs. 500 per kg. The traders had closed the Kurimandi in protest and had also stopped selling meat at outlets. An appeal was also made by the Association to the District Minister S.T. Somashekar in this regard, following which the Minister had issued instructions to hold a meeting and decide on the price.

During the meeting with the office-bearers of the Association in the presence of the Assistant Director of Animal Husbandry and Veterinary Service Department and MCC Veterinary Officers, several topics were discussed and the prices were fixed.

According to the revised prices, the maximum selling price of sheep and goat meat is Rs. 610 per kg, chicken (whole) Rs. 125 per kg, chicken (with skin) Rs. 160 per kg, chicken (skinless) Rs. 180 per kg and egg Rs. 5 each.

The MCC Commissioner has directed the Veterinary Officers to issue instructions to the Association and also to all meat traders not to sell meat above the fixed maximum price.

Revised rates

- Mutton: Rs. 610 per kg
- Chicken (whole): Rs. 125 per kg
- Chicken with skin: Rs. 160 per kg
- Chicken without skin: Rs.180
- Egg: Rs. 5 per egg

Decoding Mythology

Dr. Devdutt Pattanaik - Author, Speaker, Illustrator, Mythologist

The Amazing Rani Rashmoni

In early 19th century, in a society dominated by men, mostly wealthy landed Brahmins, and by the Colonial rulers of the land, a woman called Rani Rashmoni rose to be a successful business leader in Kolkata. She built the famous Dakshineshwar Temple where Swami Ramakrishna Paramahamsa, whose original name was Gadadhara Chattopadhyay, served as priest. Ramakrishna would, in time, have a profound influence on a young, erudite and rather affluent young man called Narendranath Datta, who would go on to become the thinker and orator, Swami Vivekananda.

Rani Rashmoni was barely eleven when she married her husband, a rich landlord, and she was widowed when she was in her forties. A natural leader, she was able to generate a vast amount of wealth, that she used shrewdly for various philanthropic, political and religious projects. This all happened in the decade before the catastrophic Uprising of 1857.

She was about to go on a pilgrimage to Kashi, when she had a dream that guided her to believe that rather than visiting temples elsewhere, she could build a temple in her own city. The city needed a place of worship less controlled by orthodox priests and more accessible to the masses.

So, Rani Rashmoni bought a land, on the banks of the Hooghly River, that was shaped like the hump of a tortoise, partly owned by a European Christian and partly owned by Muslims who buried their dead there. On this land, associated with foreign forces and foreign religions, she would build a Hindu temple for a Goddess, known for her power and transgressive nature — Kali. She was perhaps inspired by the Shyama Sangeet songs of Ramprasad Sen who lived in the 18th century and saw the Tantrik Goddess with a devotional eye.

Within her temple stood Kali on the chest of Shiva, a powerful image of female power for Rani Rashmoni who, no doubt, had to face many difficulties, despite her wealth and intelligence, on account of her being a woman. She had to direct much of her work through her sons-in-law.

And, when the temple was built, she had to donate it to a Brahmin and only then did the Brahmin community agree to consecrate it. In this temple, she celebrated Durga Puja, once again affirming female power. During these festivals, she organised jatras to entertain the masses and mobilise them as a force, much as Lokmanya Tilak would a few decades later, establishing the community-based Ganpati Puja, in Pune, to raise political consciousness.

Rani Rashmoni challenged rules of gender, caste, class and religion. She provided an ecosystem for new thinking. The idea of Kali would in many ways inspire Bengali intellectuals who played a key role in the early years of the Indian national movement. People in 19th century Bengal were told that that Kali sticks her tongue out in embarrassment, on discovering she has accidentally stepped on her husband, who, in traditional patriarchal Hindu society, is considered the wife's God (Pati Parmeshwar). More likely, the tongue sticks out to mock men who deny the power of women like Rani Rashmoni who played a key role in changing India forever..

[devdutt@devdutt.com

It is a war, let us not crib

By N.K.A. Ballal,
Retd. Sr. Vice-President, ITDC

An Army Officer's wife's message, so straight, touched my heart, so thought of sharing it with *SOM* readers:

Ballal

"I contemplated a couple of times before jotting it down. I know probably a few will still not agree with me and bash me left, right and centre. But I don't care as long as this post of mine brings a positive change to even one in the group.

I had decided to marry a 'fauji' and so we shifted to Kashmir when it was going through one of the roughest phases — the death of Burhan Wahi, resulting in burning of Kashmir to another level. We shifted there just couple of weeks after Burhan Wahi's death and I was locked inside my home. My husband went on duty and I was inside the cantonment with no internet, no connection to him or any family whatsoever. We would desperately wait for internet connectivity.

I managed everything alone — cooking, cleaning, etc [had a male house help but if there is a curfew he would not be allowed to come inside]. I had 3 dogs then and took care of them alone. We had no access to any online shopping.

A vegetable van would come once a week and we would stand in a queue to get vegetables and necessary grocery stock for a week. Made great friends in the community [because all of us longed for support and everyone displayed impeccable community spirit], made calls to parents whenever we would get network and life went on.

My dogs learnt to pee and poo inside the washroom because the situations were such and also when it used to snow one cannot go outside too. Many times there were threats and whole area was under strict curfew and sometimes even the lights were put off. We could just have minimal lights, so we used to sit and pray that we survive for that one day. We also had to pray that our husbands return safely everyday.

Whenever there was relaxation, we went out and could hear slogans like "Army go back, Indians go back,..." It was the toughest time of my life but I survived.

I survived my days of pathetic pregnancy too. We used to go in a military jeep with bullet-proof jacket and gear to get advance check-up to the Main Cantonment [that was about 15 kms away from the cantonment I lived]. What was our entertainment? Films on "How to survive if there is an air raid? How to survive if there is a bomb raid? How to survive if there is a terrorist attack? etc etc. But I survived all this, and on the 8th month of my pregnancy, flew all alone out of this area to deliver the baby. Why I am sharing all this? Because I am deeply pained seeing all the "cribbing" going on for everything in this lockdown. Less of grocery, maids not available, kids can't go out, etc etc. Just imagine if it was not a lockdown due to virus but an actual war, would you still like to send your kids downstairs? Would you still go for a walk? Would you still crib if you did not have salad for a meal? Then why crib now? Corona has already claimed more than 1,50,000 lives all over the world and this is no less than a war situation. Teach your children resilience, art of survival, life skills, patience and last but not the least, ask them to count their blessings. Be happy, you have survived and are alive."

Stark truth, bluntly said from someone who has survived a war. I am a senior citizen. This is my fourth week of lockdown and I personally do not feel the pressure anymore. Days are passing by without any problems. I do miss my favourite serials but I compensate them by viewing some old classic movies like, 'Roman Holiday,' 'Ben Hur,' 'My Fair Lady' etc. But all round, I find people cribbing as if the world has come to an end. Everything from groceries, medicines to vegetables are available in plenty. The Government on its part is trying hard to ensure that the citizens are not put to any unnecessary hardships but when dealing with such mammoth numbers, there is possibility of a slip-up here and there.

I am reminded of a story from *Mahabharata:* Ashwatthama became very angry when his father Dronacharya was killed so he unleashed a terrible weapon Narayana Astra on the Pandava army. Lord Krishna knew that there was no other *astra* which could retaliate it. So he immediately asked his complete army to discard their weapons, kneel down and pray to Lord Narayana. The *astra* calmed down and vanished.

The reason I am bringing out this story is that some battles are won by staying put, and remaining quiet. In today's time, in order to face nature's fury, we all need to stop work for some time, remain quiet, stay at home and pray for this virus to pass with minimum damage. But let us all face this one reality. Lockdown is not the cure for Corona. The only help this social distancing will do is to flatten the curve till a vaccine cure is found. So we have to live with this virus for some time to come, even after the lockdown is lifted.

Let us face it. This a war and we have to survive this. And this can be achieved only through self-discipline and nothing else.

[ananthballal@gmail.com]

RK Ashram Alumni donate Rs. 1 lakh to CM's COVID-19 Relief Fund

Swami Muktidanandaji is seen handing over a cheque for Rs. 1 lakh to Mysuru District Minister S.T. Somashekar on behalf of Sri Ramakrishna Ashram Alumni Association towards CM's COVID-19 Relief Fund, as MLA L. Nagendra, DC Abhiram G. Sankar and others look on.

How Mysuru-born IAS Officer is leading Jharkhand's fight against COVID-19

By B.C. Thimmaiah

Shailesh Gupta, a resident of Dumka had approached the District Administration for medicines as he was unable to procure it due to lockdown. Dumka Deputy Commissioner B. Rajeshwari took personal interest and got the medicines from Patna in Bihar. In the photo, Rajeshwari is seen handing over medicines to the patient's family member.

B. Rajeshwari showing off the hailstones collected at her residence compound in Dumka of Jharkhand.

Mysuru, Apr. 23- Sardar Vallabhbhai Patel once said, "You will not have a united India if you do not have a good all-India service which has the independence to speak its mind, which has a sense of security... The Constitution is meant to be worked by a ring of service, which will keep the country intact."

One begins to appreciate the importance of civil service during these challenging times like the COVID-19 pandemic. It is something Indian civil servants have not faced before in their careers. It is the rarest of the rare. And many IAS and IPS officers are in the frontline -- unsung heroes of the COVID-19 pandemic.

The epidemic has brought them to the centre-stage, earning them appreciation from all quarters, especially from the very people who were on the other side of the fence. While the Prime Minister's Office is the nerve centre working closely with the Ministry of Health, ground-level officers implement the directives and come up with innovative ideas to fight the disease and help the common masses ward off fear and adopt healthy practices.

IAS Officers like Mysuru-born B. Rajeshwari, who is at present the Deputy Commissioner of Dumka District in Jharkhand, have proved that innovation is the key in COVID-19 combat. She, along with a vast network of civil servants, are dealing with a crisis that does not have a precedent.

Rajeshwari, a 2011-batch Jharkhand cadre IAS Officer, has been in the forefront in fighting the epidemic in her district that is dominated by tribal and semi-urban areas where challenges are very high.

Innovative ideas

Apart from her proactive and regular duties as the district head where she leads a team of dedicated officers to implement lockdown norms and to ensure supply of essential items and taking care of the overall health of the district residents, Rajeshwari has come up with innovative ideas like using the District Administration's social media pages to announce a competition every morning along with its rules and regulations.

These online competitions are aimed at keeping the morale of the people high during the lockdown. Every morning people are given tasks through the official social media page where people can participate in various competitions such as cooking and making of fancy dresses and mehndi design task by staying at home.

Competitors, after completing their tasks, upload the pictures on the same social media page and the winner's name is announced the following day. Rajeshwari also has plans to give away certificates to the winners once the lockdown is lifted. Such efforts will drive positive thoughts among the people and the children can also express their hidden talents. Such competitions prevent people from becoming depressed.

A way of living

Speaking to *Star of Mysore* over phone from Dumka in Jharkhand yesterday, Rajeshwari said, "Fighting COVID-19 is a golden opportunity as a bureaucrat to really see my strength and use it productively. We all have to live with COVID-19 till we get a vaccine and it is almost going to be a way of living. The previously unheard of measures like lockdown has taught us many things. It has hit all of us hard, especially the poor. But it has prepared us for a long battle till the vaccine comes."

Coorg Public School and Marimallappa's

Rajeshwari completed her high school education at Coorg Public School (COPS) in Gonikoppal and passed out in the year 2000. She then studied at Marimallappa's College in Mysuru. Completing her BA and MA Political Science in an Open University, she cleared her civil service examinations in 2011 from Jharkhand batch.

Her father K. Bheemappa hails from Jade village in Shivamogga while her mother B. Rathna hails from Hubballi. She has two siblings Bharat and Manjunath. It was her dad who was in the Excise Department who goaded her to take up civil services and get into administrative service. Her mother and younger brother Bharat are the residents of Mysuru. Rajeshwari's husband Suraj Bhagat is a businessman from Maharashtra and her son Rudra has just completed his LKG.

Unheard of epidemic

"I was in the Civil Service Academy for a training and I came back to Dumka district on Mar. 15 when the previously unheard of COVID-19 epidemic was unfolding. Then came the lockdown where the Deputy Commissioners and the Superintendents of Police had to don the role of implementers and at the same time ensure the smooth supply of essential commodities, medicines, taking care of the migrant population and the poorest of the poor," she said.

"So far there is not a single Coronavirus positive case in Dumka District but there has been a positive case in a village that borders Dumka. This is a sensitive issue as there is a lot of movements of vegetables across the border and we need to be extra cautious. Basically, these are semi-urban and tribal areas where people are a bit laid back and Dumka district shares borders with West Bengal and Bihar. We have spread awareness and along with Superintendent of Police Ramesh (who is from Ballari in Karnataka), we are conducting various awareness programmes and mock drills," Rajeshwari explained.

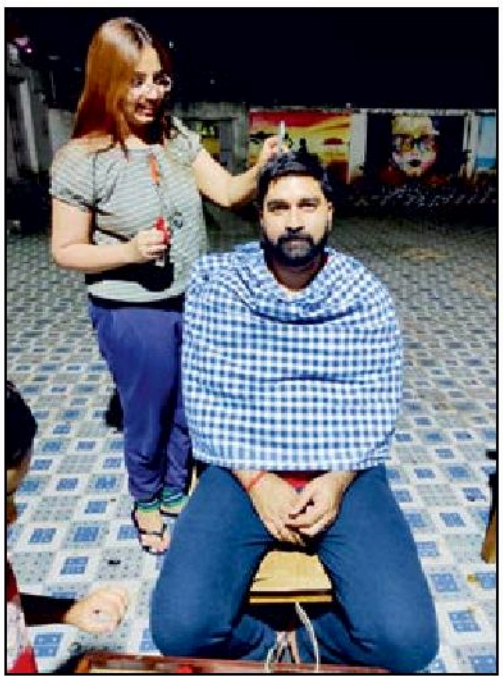
The lockdown has affected Rajeshwari too. While her father Bheemappa is stuck in Mangaluru, her brother Manjunath is stuck at a village where he is doing social service while her mother Rathna and Bharat stay in Mysuru. "I keep in touch with my family regularly," she said.

Dumka DC gives husband, son a decent haircut

Sometime back Dumka DC B. Rajeshwari posted a photo on Twitter where she is seen trimming the hair of her husband Suraj Bhagat and son Rudra as the country is under lockdown. After posting the picture on social media she said this is a lesson for all.

She wrote on Twitter: *"Going with the trend!! Found time for this too! While hubby messed up on the kid's hairdo… I think I did a fine job." "Salon, parlour, everything is closed. One can do these things at home, you just need a little bit of self-confidence,"* she said.

In the picture she is seen trimming hair of her husband Suraj Bhagat who is sitting on a stool with a towel and she is running the scissors herself. Rajeshwari said that the lockdown is motivating people to remain self-reliant. "One should never depend on others for small things," she added.



IAS Officer Rajeshwari giving her husband Suraj Bhagat a haircut during lockdown. Picture right shows Rajeshwari's husband and son Rudra after the haircut.

Lions North lends helping hand

As part of its service activities, Lions Club of Mysuru North distributed grocery kits to Pourakarmikas of Ward 20 in Vijayanagar on Apr.22. Picture shows area Corporator and Leader of Opposition in the MCC Council M.U. Subbaiah, PDG Ln. Devi Prasad and District Governor Ln. Nagaraj Bairy handing over the kits. Others present were Club President Asha Krupa, Vijayanagar 1st Stage Residents Association President Narayanappa Gowda, Secretary Sudhakar Shetty, Club members, Social Worker Muralidhar and Shobha.

Sri Ramakrishna Ashram distributes Grocery Kits

Mysuru, Apr. 23- Co-operation and Mysuru District Minister S.T. Somashekar distributed grocery kits to the needy at a programme organised by Sri Ramakrishna Ashram at Viveka Smaraka premises on Narayana Shastri Road here this morning.

Speaking on the occasion, the Minister said that the Ashram Swamiji is showcasing humanity by providing food to the needy at this hour of crisis. "I congratulate him as a Minister of State and personally," he added. Similarly, people's representatives including MLAs, are doing such service activities and this should be a model for all, he said.

Swami Muktidanandaji urged people to stay home and maintain social distance in view of Corona outbreak. Keeping this in view, the needy are provided with all the necessary items including soap, cloth and food kit, he said and suggested people to wash their hands frequently and avoid infection.

"We are also distributing food grains so that the poor should not starve," he mentioned.

On the occasion, the Minister paid homage to Swami Vivekananda's portrait at Viveka Smaraka and also to Sri Ramakrishna Paramahamsa and Holy Mother Sharada Devi. MLA L. Nagendra, Deputy Commissioner Abhiram G. Sankar, BJP leader H.V. Rajeev and others were present on the occasion.

Jewel Mandir, World of Silver donate Disinfectant Tunnel to City Police

To protect Police personnel from contracting Coronavirus, city's Jewel Mandir and World of Silver donated a Disinfectant Tunnel, which is installed at City Police Commissioner's Office in Nazarbad. This humane gesture is to express their gratitude to the Corona Warriors, who are on the frontline to protect the citizens from the deadly virus.

Red Zone: No lockdown relaxation

(Continued from page 1)

12 Red Zones inside Mysuru City: Meanwhile, the Mysuru District Administration has identified 12 Red Zones inside Mysuru city. Meena Bazar, Sardar Vallabhbhai Patel Nagar, Teachers Layout, Janata Nagar, Kuvempunagar Housing Board Colony, Vijayanagar 2nd Stage, Vijayanagar 1st Stage, Gokulam, Jayalakshmipuram, Sriram-pura 2nd Stage, J.P. Nagar and Nazarbad are Red Zones.

There is only a single entry and exit point just for officials, essential goods suppliers, 200 metres around COVID-19 positive person's house sealed and buffer zone is 5 km radius around the affected house where there will be intensive surveillance. All private vehicles are banned and disinfectant is sprayed twice a day.

Buying cold-fever-related drugs ?

(Continued from page 1)

The drugs could be Paracetamol, Paracetamol of all dosage and strength, cetirizine, chlorpheniramine etc., and all types of cough syrups.

The above said drugs either individually or in any combination are included. The chemists and druggists shall report such cases to the respective district health authorities on daily basis and are subject for verification of the records by the district health officers, or his representatives. These regulations shall come into force immediately and shall remain valid till COVID-19 ends.

COVID-19 UPDATE

MYSURU

Persons observed till date	:	4,664
Persons who have completed 14 days' isolation	:	2,442
Persons isolated in home for 14 days	:	2,167
Persons isolated in hospital active cases	:	55
Total samples tested	:	2,706
Samples found negative	:	2,618
Samples found positive (cumulative)	:	88
Persons cured / discharged	:	33
Death toll so far in Mysore	:	0

MANDYA

Total positive cases in Mandya	:	14
Death toll so far in Mandya	:	0

KARNATAKA & INDIA

Total positive cases in Karnataka	:	445
Persons cured / discharged	:	145
Death toll so far in Karnataka	:	17
Total active cases in India	:	16,454
Persons cured / discharged	:	4,257
Death toll so far in India	:	681

(Note: Some of Mysuru data are as on Apr. 22. Media bulletin of Apr. 23 unavailable)

COVID-19 District Emergency Control Room

The Mysuru District Emergency Control Room for COVID-19 (Coronavirus) is functional 24x7 and has a team of operators and medical professionals who are working in shifts. All related queries will be handled professionally and necessary guidance will be provided to all callers, according to Mysuru DC.

Mysuru Helpline numbers
1077 or 0821-2423800
Karnataka Helpline number: 104
Central Helpline number:
011-23978046
Email: ncov2019@gmail.com

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